

	P.E.	English	Break	Maths	Lunch	Computing	Wellbeing
Monday	Jo Wicks P.E. or Cosmic Kids Yoga (Youtube)	15 minutes- Bug Club Choose 5 new words from your spelling list. Each day this week, challenge yourself to use that word 5 times in conversations with people in your house. Can you spell the word forwards and backwards?		15 minutes- Times Tables Rockstars or Hit the Button Practise your measuring skills. Remember that perimeter is the distance around the outside of a shape. Calculate and write down the perimeter of 6 rectangular objects around your house. You will need these measurements tomorrow!		What is an Avatar? Go to avatarmaker.com and design an avatar to look like you Or Draw your own avatar. Does your avatar reflected your personality?	Write down 5 things you are grateful for. Write down 5 things you are looking forward to doing when lockdown is over.
Tuesday	Jo Wicks P.E. or Cosmic Kids Yoga (Youtube)	15 minutes- Bug Club Watch 3 speeches made by people you look up to or important figures. Maybe Greta Thunberg's speech for the UN or Joe Wicks university address. Write down your opinions on what made them good and how they made you feel.		15 minutes- Times Tables Rockstars or Hit the Button Calculate the area of your shapes from yesterday. Remember that to calculate area, you times the length by the width. Did you remember to add your units?		With a grown up, talk about how computers and phones have changed since you were small and when your grown-ups were small. What do you think computers will be like in 20 years?	Try eating a new food! Our taste buds change as we get older. Is there something you used to hate but don't mind now?
Wednesday	Jo Wicks P.E. or Cosmic Kids Yoga (Youtube)	Think about the speeches you heard yesterday and choose a topic you feel strongly about (favourite football team, Harry Potter, school uniforms, a charity you think is really important, maybe you want to convince your parents to buy a puppy). Research this topic and make notes that you could use to help plan a speech of your own. There is a planning sheet attached		15 minutes- Times Tables Rockstars or Hit the Button Go on to topmarks.co.uk and try the Measuring in cm Game. You can challenge yourself to convert your measurements into mm, m, km....		Practise your touch typing. You can visit typingclub or Dance Mat typing on BBC bitesize .	Make a cup of tea for someone at home (or any drink they like). Ask them how they are doing and if there is anything you can do to help them. Doing nice things for others makes us feel happier!

Thursday	Jo Wicks P.E. or Cosmic Kids Yoga (Youtube)	15 minutes- Bug Club Write your speech.	15 minutes- Times Tables Rockstars or Hit the Button Measure the area of your bedroom. How much would it cost to put a new carpet or flooring in your room? Visit an online shop to get ideas for prices!		Keeping safe on the internet. Make a poster about how to stay safe on the internet. Visit : thinkuknow.co.uk for ideas and advice.	Take some photos of yourself and your family. Can you recreate any funny pictures from when you were a baby or a toddler?
Friday	Jo Wicks P.E. or Cosmic Kids Yoga (Youtube)	Perform your speech. Practise reading in front of a mirror or record yourself on a tablet or phone. Was it easier or more difficult than you thought?	15 minutes- Times Tables Rockstars or Hit the Button Mrs. R lives in Letchworth. Calculate how far away you live from Letchworth train station in miles and kilometres. How long do you think it would take to walk? Ride a bike? Drive a car? Take the train? Use google maps to help you!		Practise your touch typing again. Keep note of how quick you are.	Phone a friend or family member!